

# ASHOKA JAGGERY COCONUT NOOL PUTTU

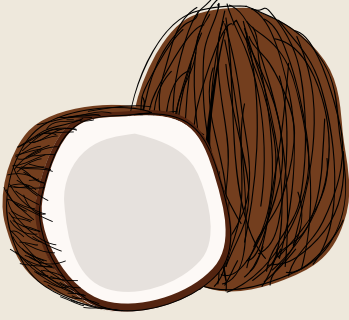
(Noolappam)

Preparation Time: 1 hour

Cooking Time: 10 minutes

Serves: 4 to 6 persons

## Ingredients:



- 4-6 medium string hoppars (the string hoppars could be ones that were left from the previous night's dinner)
- 1 cup freshly grated coconut
- Salt to taste
- Grated Palm Sugar

## Method:

Break up the string hoppars into rough strings.

Add a little salt to the grated coconut and mix well.

Boil water in a Puttu steamer with a metal or bamboo tube (Puttu Kullal).

When the water is boiling, add in a tablespoon or more of grated coconut to the base of the steamer, which has a metal disk with holes to stop the content from spilling out into the water below.

Add in at least one-third of the tube with the roughly broken strings.

Add in a tablespoon of grated Palm Sugar.

Do not press in too much as the steam needs to travel through.

Place another tablespoon of grated coconut and add in another layer of broken string hoppars and palm sugar.

Do a third layer of coconut and again top with string hoppars and Palm Sugar and the last layer on top must be grated coconut.

Place the tube of Nool Puttu over the mouth of the pot to steam.

Cover the tube with a lid.

The steam will come through the lid.

Once the steam comes out the puttu is ready to be pushed out of the tube onto a plate.

This is a sweet version.

There is a variety of puttus that can be made with layers of coconut, broken string hopper, murunga leaf, fried fish, or fried prawns broken to small pieces and layered within.

This can be eaten with a spicy curry, kurma or plain warmed coconut milk and banana.

The sweet version and the Savoury versions are favourites as breakfast meals.

SIGIRYA CHICKEN  
PORIYAL

## Ingredients:

Preparation Time: 1 hour  
Cooking Time: 45 minutes  
Serves: 4 to 6 persons

## Marination

- 4 boneless chicken thighs and legs (cut into cubes) and 4 whole wings (cut into 4 pieces)
- 1 tablespoon chili powder
- 1 heaped tablespoon turmeric powder
- 1 tablespoon pounded ginger
- 1 tablespoon pounded garlic
- Salt to taste.
- 1 blade Pandan leaf (Screw Pine), snipped into two
- 1 Serai (Lemon Grass), bruised
- 2 x 2 inch Ceylon cinnamon bark
- 1 anise flowers
- 2 cardamom
- 2 cloves
- 1-inch stick Sandalwood
- 1 tablespoon, cumin, and fennel lightly roasted and pounded
- 2 large onions, halved, sliced fine
- 10 small onions sliced fine
- 1 large tomato, chopped
- 10 small honey tomatoes, halved
- 1 sprig curry leaves
- 2 red chilies, cut lengthwise into two
- 2 green chilies, cut lengthwise into two
- 1-2 heaped teaspoons spicy fine ground chili powder
- 1 tablespoon rough ground chili powder (adjust to heat preferred)
- 1 tablespoon roasted roughly ground mixed spice powder (garam masala)
- Sugar to taste
- Salt, to taste
- Dash of lime juice
- Coconut Oil for frying
- 1 heaped tablespoon ghee
- 2-3 tablespoons water with a
- Drop or two of sandalwood oil (be careful not to overdo the oil as it must be subtle and not overwhelming).

## Method:

1. Mix all the above ingredients with the washed and drained chicken meat and wings and marinate for one hour in a chiller.
2. Heat coconut oil in a wok and fry the marinated chicken a little at a time till the meat is sealed and set aside. Do not discard the oil as it can be used later for the next step.
3. In a dry wok, heat the ghee and coconut oil. If the coconut oil from frying the chicken has been reserved, it can be added here.
4. Splutter the rough ground roasted fennel and cumin, Ceylon cinnamon bark, and sandalwood in the oil.
5. Add in the cardamoms, cloves, anise flower and cumin Serai (Lemon Grass), Pandan, and stir until fragrant.
6. Add the chopped sliced red onions, large chopped tomatoes, honey tomatoes, and salt. The salt helps to caramelize the onions and tomatoes quickly. Stir and fry until the tomatoes and onions are just turning translucent and slightly brown.
7. Add in the chicken fine ground spicy chili powder, and keep stirring.
8. Add in the rough ground chilies and continue stirring.
9. Add a little more ghee or oil to let it dry fry at this stage.
10. When the meat curry is quite dry and browning, mixed spice powder (garam masala) and toss until it is well mixed.
11. Add in sugar (as the curry does not have coconut milk a little sugar will add to complete burst of the six flavours (Arusuvai) more distinct), torn curry leaves, slit red, and green chili padi and keep frying until fragrant.
12. Taste for salt and add if necessary.
13. Add in the splash of sandalwood perfumed water and a dash of lime juice and stir well.
14. Serve with piping hot rice.

**SETHUSAMUTHRAM PRAWN  
THEEYAL**

Preparation Time: 45 minutes

Cooking Time: 30 minutes

Serves: 4 persons

**Ingredients:****Marination**

- 500 grams medium sea prawns, shelled, and deveined and if they are too large cut lengthwise into two
- 1 tablespoon fine ground chili powder
- 1 heaped teaspoon turmeric powder
- 1 heaped teaspoon ground garlic
- Salt to taste
- 1 x 2 inch Ceylon cinnamon stick
- 1 anise flowers
- 2 cardamom
- 2 cloves
- 1 tablespoon, cumin, and fennel lightly roasted and pounded
- 1 bruised Serai (lemongrass)
- 1 small blade Pandan leaf cut into three
- 10 to 12 small red onions, chopped fine
- 1 large red onion chopped fine
- 1 teaspoon ground garlic
- 1 tablespoon ground ginger
- 2 large ripe red tomatoes, chopped fine
- 10 small honey tomatoes, halved
- 1 heaped tablespoon spicy rough ground chili powder
- 2 tablespoons roasted roughly ground mixed spice (garam masala)
- 2 fresh red chilies cut into lengthwise two
- 2 fresh green chilies cut lengthwise into two
- 2 sprigs curry leaves ½ cup thick coconut milk/cream (or coconut milk if preferred)
- Sugar, to taste
- Salt, to taste
- Oil, for sauté

**Method:**

1. Marinate the prawns with all the above ingredients for 20–30 minutes in the chiller.
2. Heat oil in a wok or Earthen pot.
3. Splutter the roasted rough ground cumin and fennel in the oil and add in the whole spices (Ceylon Cinnamon, stick, anise, cardamom, cloves and the serai and pandan and serai.)
4. Add in onions, tomatoes ground garlic, ginger powder, turmeric powder, chili powder, and salt and stir until translucent and lightly brown.
5. Add in the turmeric and chili powder and cook with a little water till the raw flavour disappears.
6. Lastly toss in the prawns (do not add in till last as prawns do not need much cooking) and stir the gravy to coat the prawns.
7. Add red and green chilies, rough ground spice and curry leaves.
8. Add sugar to lift the sweet taste of the prawns.
9. Add in coconut cream and switch off the flame immediately.
10. Serve hot with piping hot rice or Nool Puttu.

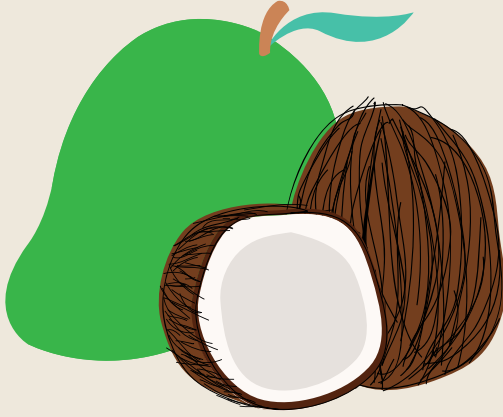
# PALLAVA MANGO COCONUT CHAMBAL

Preparation Time: 30 minutes

Serves: 4 to 6 persons

## Ingredients:

- 2-3 raw green mango skin peeled and grated
- 1 cup loosely packed freshly grated coconut
- 3-4 Green Chilies chopped
- 2 inches piece of ginger chopped
- Salt to taste
- Dash of Lime Juice



## Method:

1. Pound the green chilies, and ginger with salt in a mortar and pestle or a grinding stone.
2. Pulp the chilies and ginger well.
3. Add in mango and keep pounding or grinding.
4. Add in the grated coconut and pound till the coconut is well incorporated into the other ingredients.
5. Lastly, add in lime-juice and check the salt and add in more if necessary.
6. Plate and serve as a condiment for any meal but is best with rice and curry lunch.